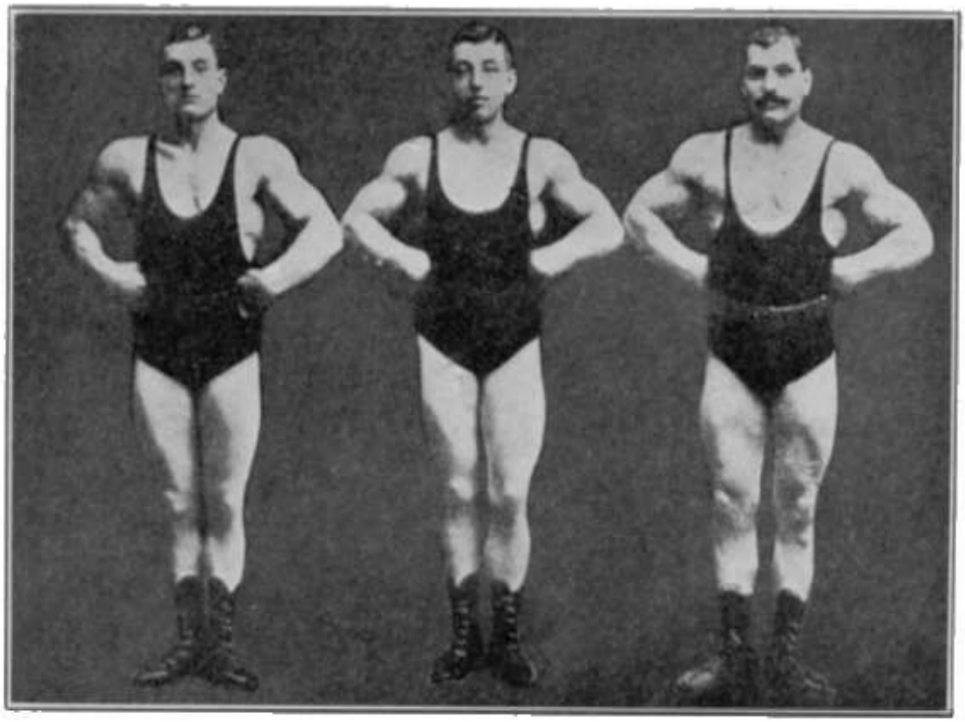
The DEVELOPMENT *of* PHYSICAL POWER

By ARTHUR SAXON



HERMAN KURT ARTHUR

THE SAXON TRIO

The DEVELOPMENT *of* PHYSICAL POWER

By ARTHUR SAXON

Published by
HEALTHEX PUBLISHING CO.
239 Broadway, New York, N.Y.

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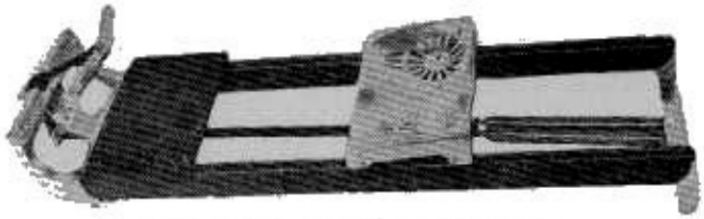

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INTRODUCTION

IN explanation of the title I have chosen for my book I would say that, above all, I look for strength and power in a man, especially an athlete, quite regardless of muscular development. The fact that a man may have full physical development, but disproportionate power and energy, has been proven to me so many times that in my book I propose to aim at and instill the value of genuine power, without any attempt to obtain large increase in the dimensions of the different muscles. This means that I look upon as almost worthless the taking of different measurements for purposes of comparison from time to time, as is generally done by young men who train on the different systems which are now before the public. I shall teach you to judge a man by his capabilities as an athlete, whether a weight-lifter, wrestler or not, and not by the measurements of his biceps or chest.

In the course of my travels I have met quite a number of physical culturists who have come to me to show their development, and while it must be admitted it has been splendid to look upon, yet it has also been evident to me that a number of such men have injured their health in an endeavor to squeeze the last fraction of an inch from out of their muscular development.

My idea will be, and always has been, to *leave the muscles to look after themselves*, but I place a premium upon the possession of untiring energy, great stamina and vital power and a sound constitution. That I myself possess such, I think my past records will show. Whether I can give you, dear reader, a percentage of my own strength and stamina, time will show, but I can at least place before you a method of training, simple though it be, which

has brought me to the pinnacle of fame in the weight lifting world. It is rather a new *rôle* to find myself a teacher, but I will do my best, taking it for granted that the persons likely to buy my book are already possessed of average strength, that they have no particular weaknesses or defects, and that strength and power are the aim, and not useless and artificially-swollen muscles, developed with the mistaken idea of gratifying the somewhat vain desire for personal glorification.

I will not delude my readers with the idea, as many do, that anyone can be an abnormally strong man, nor with the statement that I commenced as an invalid and gradually worked up to my present strength. No! I have always been strong, and I can only guess what it feels like to be weak. My strength is still growing and I glory in it. My methods may be simple, they may even be crude, and if they should not appeal to you, then I can only hope that the photos and other illustrations and matter describing my life and adventures will recompense you as items of interest for your outlay on this, my first book.

ARTHUR SAXON.

MY EARLY DAYS

AS stated in the introduction to this book, I should be untruthful did I follow the example of certain strong men who have made it their business to say they are weakly invalids at the commencement of their training, but, by the secret method, made themselves into strong men. I reiterate the fact that only one man in every hundred has the chance of becoming a champion weight-lifter. To pose successfully as such, one must, in the first instance, be born with the constitution of a horse, and with a sound physical make-up, both externally and internally, good bones and a strong will. Also, of course, the wish and ambition to be a "strong man."

I must admit that the manner in which my youthful days were spent has stood me in good stead in my latter-day training to fit myself for the title of "Strongest Man on Earth."

I was born at Leipzig, in Germany, on the 28th of April, 1878, and went to school to the age of 14. I practically lived in the open air, being specially fond, in my boyhood days, of long, rambling walks, during which, with my comrades, as the desire seized us, we ran and wrestled, occasionally; in fact, even making a practice of climbing trees, which, in itself, is a splendid exercise, calling into play every muscle of the body; also I may say a cool head and steady nerves are necessary to excel in this particular sport, if such it may be called. The most successful climber is he who attains to the greatest height, and I have often watched, and, indeed, myself climbed to such a height that the tree became of inadequate thickness to the weight it had to support, and at some scores of feet above the ground, it would bend over in a manner quite thrilling to behold.

I remember at one time a forest keeper found myself and my brother in one of these trees, but we climbed to such a height he dared not follow, and, after waiting patiently, in disgust walked away, but not before his vigil had tired him so that he dozed against the tree, to be suddenly awakened by an apple dropped upon his unsuspecting head by mischievous Hermann, his subsequent antics being (to us) most amusing.

Regarding diet, at this time I ate daily of whole meal bread, had plenty of eggs and milk, beef and bacon, and also, as I grew older, indulged in moderation in our national drink—lager beer. So you will see that, fortunately gifted with a splendid constitution and possibilities of a good physique (which by hard work I developed to the utmost), with plenty of fresh air, good food, rest and freedom from care, I have had every chance of reaching my ambition.

At the age of 16 a friend took me to the Athletic Club at Leipzig, where I commenced to practice with 56-pound weights.

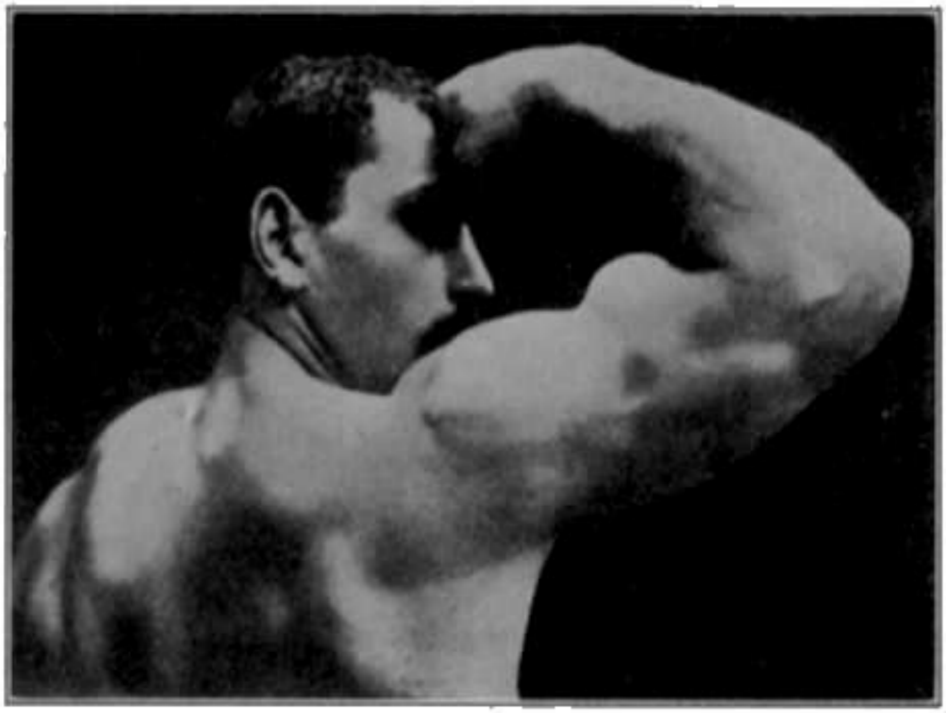
At the age of 17 my weight was 189 pounds; at the age of 18 I included wrestling with my weight-lifting practice. At first, although enormously strong, my strength was of little avail, and a good wrestler would be sure to throw me, but later, when I understood the science of wrestling, I became invulnerable to the attacks of the best wrestlers that could be found to compete with me; and after this date I was never defeated, either in wrestling or weight-lifting. I took first prize at Leipzig, Werdau and Chemnitz for weight-lifting, and my gold medals are now shown to visitors at the Club I practiced at in Leipzig, where, I am pleased to think, my name is held in esteem, and the members are always pleased to see me, as I have, in my travels, successfully upheld the honor of my old Club. I also entered a heavy-weight wrestling

competition, and astonished the competitors with my strength. At first I stood innocently enough, and looked, at the time, very quiet and, I hope, unassuming. My physique and appearance not denoting the strength I really possessed, I was ignored by the other competitors, who, when we got to business in reality, all complained bitterly of my fierceness, saying that I was *too strong* to wrestle with, but I hope I displayed a little science as well. I certainly raised my competitor overhead and dashed him to the ground whenever opportunity occurred, but at the time this was my favorite throw, and I had made up my mind to win. While on the subject of wrestling, I may mention that I have not claimed in this country to be a wrestler, nor do I specially wish to do so now. This, more than once, has led to my being challenged to wrestle by men who thought that their science would overcome my strength to the benefit of their reputation and pockets. But, in each case, I am glad to say that I have come out victorious.

While with Mr. Bostock at the Zoo, Glasgow, a French wrestler persistently worried me to wrestle him. He asked me so often that at last I said that if he would be responsible for any damage I might do him I would wrestle him to satisfy him and be rid of his importunities. He agreed to this and I wrestled him. The bout had hardly lasted a minute, when I seized him and threw him down on both shoulders. Unfortunately, his head struck the floor, and he was somewhat injured. It was quite a surprise to the spectators, as this man was very scientific, but I think no one was more surprised than the Frenchman.

Eventually my success as an amateur lifter was so great that I was induced to turn myself into a professional. I came to England with this object in view, and have persistently challenged the world to an all-around contest in weight-lifting, but I regret to say I have not succeeded in inducing anyone to make a match.

As is well known, I am well ahead of the next man on the one-handed press. It is not so well known that I should by no means wish to decide a contest with this one lift, but am anxious to have a match including a single-handed, double-handed lifting, also the snatch and the swing, and, in fact, all recognized lifts.



ARTHUR SAXON
The Iron Master

Incidents in My Professional Career

I HAVE traveled in many countries and appeared in every town of note in England and America, and naturally have experienced many interesting and exciting experiences, some comic and some well-nigh tragic. When, for instance, at Chatham, the stage broke down while I was supporting a plank with 12 men on, I was somewhat seriously injured, and this incident was well-nigh tragic; but at Exeter we had the laugh, I think, over the Exeter weight-lifters in the following manner: Our challenge and offer of $250 to anyone who might lift my heavy bar bell remained unaccepted, night after night, so we hit on the idea of unloading the bell, and leaving it quite light and empty at the entrance to the place of entertainment we were appearing at. Naturally the strong men of the town came around and tested the bell privately, and on finding how easily they could lift same, they all were certain the $250 was as good as in their pockets. That night, instead of a dead silence as before, when my challenge was issued, quite a number of eager weight-lifters anxious to improve their financial position, jumped into the ring, and rushed for the bell, which I had raised easily with one hand, but, much to their surprise, the 150-pound bar bell had changed into a 300-pound one, and the disappointed weight-lifters retired scratching their heads in an endeavor to understand the trick which had been played on them. Naturally, most of the incidents which come into my mind likely to interest readers of this book are connected with weight-lifting. When a man has the ability to raise enormous weights, he also has the ability as opportunity occurs to create a surprise wherever he may be when the question of strength crops up, and though I always make a point of avoiding the practice of

posing and bragging for personal glorification, yet, when it has been necessary, I have never hesitated to take off my coat and convince certain doubters who have thrown discredit upon my feats and expressed their unbelief about the records which I have established from time to time.

I remember at one time much correspondence taking place between certain readers of a magazine called "Vim" and a Mr. Donald Dinnie (the renowned Scottish athlete), who denied my ever having performed the lifts I claimed, and whose contention was, I believe, that I was not heavy enough to do all that I said. To convince this gentleman, I called on him in company with my two brothers, Hermann and Kurt. He had a bar bell weighing about 230 pounds, and he did not seem at all sure that I could lift this with one hand. It was a very short and awkward bar bell, but I said to Dinnie, "Tie a 56-pound weight to it." After this had been done I pressed the weight (286 pounds in all) with one hand, to the evident surprise of Mr. Dinnie, who immediately was transformed from one of my most severe critics into one of my warmest supporters, and I believe at this moment he would support me as against any man in the world in a weight-lifting contest. Later, using the same bar bell with a 56-pound weight tied at each end, I raised with one hand from the shoulder, 342 pounds. I believe this so surprised Mr. Donald Dinnie that he could hardly speak, and he at once wrote to the magazine withdrawing his previous statements, and saying, "He believed me to be the best weight-lifter extant."

At Birmingham, I was confronted with Mr. McCann's bar bell weighing 222 pounds, and requested to try same. Mr. McCann, it will be remembered, is the man who defeated Sandow in a weight-lifting competition some years ago. His bar bell

was at Gough Street, Birmingham. They also had two 56-pound square weights which they said had never been lifted with one hand. The weight-lifters present were, I believe, considerably astonished when I placed the 222-pound bar bell with my right hand overhead, and brought with the left hand the two 56-pounds both together to arm's length, while holding aloft the 222-pound bar bell.

Another gentleman whom I considerably astonished is Mr. H. P. Harrison, the Manager of "Sandow's School of Physical Culture" at Liverpool. I there pressed in Mr. Harrison's presence 331 pounds with one hand. He was extremely surprised, and wrote me out a certificate certifying that I had done this feat with his weights, in his presence, as under:

SANDOW'S SCHOOL OF PHYSICAL CULTURE,

COLQUITT STREET, LIVERPOOL,

Nov. 24, 1904.

> This is to certify that Mr. Arthur Saxon this morning lifted 331 pounds from the shoulder to above the head with one hand only. This exceedingly difficult feat can be better appreciated when it is taken into consideration that it was not one weight only but was composed of a 160-pound bar bell with a 90-pound dumb-bell tied on one end, and an 81-pound dumb-bell tied on the other end.
>
> (Signed) H. P. HARRISON, *Mgr.*

On another occasion when a certain weight-lifter said that although I was a good one-handed lifter, he did not believe I was good with two hands, I raised 142 pounds in the right hand, and 134 pounds, if I remember rightly, in the left hand, in a clean double-

handed lift to the extreme surprise of this particular lifter, who could hardly manage to raise one of these dumb-bells (which had a thick handle) up to his knees even. At one time there was considerable dispute as to the authenticity of my different performances. To satisfy their readers, the well-known magazine, *Health and Strength*, sent a special representative to test my weights. He brought his own scale with him and tested every weight before and after it was lifted. At this particular test performance I succeeded in raising 314 pounds with the right hand from the shoulder, snatching 190 pounds with one hand, jerked a bar bell weighing 340 pounds from the shoulder with both hands, and holding in the right hand a weight of 267 pounds. I brought overhead with the left hand an awkward ring-weight weighing 119 pounds. These feats were mentioned in an article which appeared in *Health and Strength* for October, 1903. The same gentleman came unexpectedly to the Grand Music Hall, Clapham Junction, and weighed my bar bell after I had lifted it at my performance and found it to be exactly 300 pounds. It appeared to surprise him greatly. I may say that ever since I have had the support of the *Health and Strength* Magazine as the "strongest man on earth."

A feat which never fails to surprise my friends is that of raising two 56-pound square weights *in each hand* above the head in a clean lift.

The best lift I have yet performed was at Stuttgart, in Germany, on December 12th, 1905, where in the presence of a number of weight-lifters and a representative of the leading sporting paper I pressed with one hand 370 pounds. The local "strong man" wished to test the weight and was allowed to do so, but could not raise it to his knees with both hands.

The Saxon Definition of Strength

THE usual idea about strength—I mean the idea of the average reader of health magazines—is generally a wrong one. Although a weight-lifter (and weight-lifters are supposed to be very narrow-minded in their views on this subject), I hope that I, personally, am broad-minded enough to recognize that a man does not prove himself an all-round strong man just because he is able to lift a heavy weight, especially when the weight is lifted once only. The following is my diagnosis of *real* strength:

Genuine strength should include not only momentary strength, as proved by the ability to lift a heavy weight once, but also the far more valuable kind of strength known as strength for endurance. This means the ability, if you are a cyclist, to jump on your machine and ride 100 miles at any time without undue fatigue; if a wrestler, to wrestle a hard bout for half an hour with a good man without a rest, yet without becoming exhausted and reaching the limit of your strength.

Apart from sports, enduring strength means that the business man shall stand, without a breakdown, business cares and worries, that he shall be capable, when necessary, of working morning, afternoon and night with unflagging energy, holding tightly in his grasp the reins of business, retaining all the while a clear mind and untiring energy, both of body and brain. The man who can miss a night's rest or miss a meal or two without showing any ill effect or without losing any physical power is better entitled to be considered a strong man than the man who is only apparently strong, being possessed of momentary strength,

which is, after all, a muscle test pure and simple. In the latter case, where a man raises, once only, a heavy weight, all that he proves himself to possess is muscular control and great contractile power, but this does not guarantee sound internal organs, nor does it prove that a man would come out well in an endurance test. The man capable of long feats of endurance should live longest, and such a man will find his powers of more avail in every-day life than the man who has sacrificed vital strength for an extra few eighths of an inch of muscle, and perhaps the ability to raise a few pounds more in a certain position in a weight-lifting test.

I think the above will cause some of my critics, perhaps, to admit that, after all, I have broadminded views on this important question, *i. e.*, "What is real strength?" Therefore, if a weight-lifting competition were held, I should like to see quite a number of lifts attempted, as is the method on the Continent, and to see each man go on with the lifting without too many opportunities for rest, so that we should not only ascertain who is possessed of greatest momentary strength but also who is possessed of enduring strength as well, and it is a combination of these two which makes real strength.

Neither do I consider a man a really strong man if he is in certain parts developed out of proportion to others. If a man has tremendous arms and chest and weak legs then he is only half a strong man. If he should have strong legs and arms and weak lungs or a weak heart, then again he is by no means entitled to be called a strong man, and some day the inevitable breakdown will occur which will cause carping critics, always ready to attack physical culture, to point to such a broken-down athlete and say, "Here is proof of the harm done by physical culture and weight

lifting." The cause really is that this man has not properly understood physical culture, and has developed one part at the expense of another. So you see that if a thorough examination could be made of all so-called "strong men" before the public, we should probably find that only one in twenty is really deserving of the name of "strong man."

Now, dear reader, we come to the question of "How shall real strength be obtained?" and this question, I think, is fully answered in such chapters as "The Bugbear of Training," "Routine of Training," etc.

My Views on Light Exercise

AS an expert on matters relating to weight-lifting, to which I have devoted a considerable number of years of hard study, I expect my readers to look to me more for instruction as to raising weights and training with weights for weight-lifting, than for particulars as to light training with primarily in view the betterment of health or the development of muscle. I think there are already a sufficient number of professors of physical culture who have given a sufficiency of information on this point, without my attempting to add to the already numerous systems of home training, but no doubt many will be interested to hear my views on the subject of light exercises in relation to weight-lifting. In the first place I would say that if you must use dumb-bells for daily training, use heavy ones with fewer repetitions rather than light ones with fewer repetitions. If you use a chest expander use a goodly number of strands and few movements, as above. There are quite a number of chest expanders and wall exercisers on the market, but my experience is that work with rubber exercisers does not develop the right kind of muscles for weight-lifting. A chest expander should be better for weight-lifting than a wall exerciser, but it seems reasonable to expect that if your main idea is eventually to succeed in weight-lifting, that as you have to lift iron weights it will be better to practice with iron weights, and the heavier the weights the better. Further, a man of 140 pounds, who has practiced weight-lifting and is in good hard condition, would perhaps find it beneficial to use about 15 or 17 pounds in either hand, at least, and to do a series of useful exercises similar to the positions practiced in heavy weight-

lifting proper, say six or seven times each hand. This might be done with advantage perhaps twice per day, except when practicing with weights, on which days no other exercises need to be taken. From the above it will be gathered that, in my opinion, when a man has a good development and takes to weight-lifting, he will be wise to drop all his light exercises, and reserve the energy and nervous power such exercises would set up for weight-lifting.

To such as have in view the improvement of health or development of muscle only, I have nothing to say, as any system of light training will improve such, and for health no doubt light dumb-bell work and any rubber appliance is good, especially for the business man to whom weight-lifting probably would not appeal, and who would find it dangerous perhaps to start on a course of weight-lifting without previous training. Therefore, I admit that in the case of a man who has the least suspicion of internal weakness or a weak constitution, it is absolutely essential that a preliminary course of light exercise be gone through with the object of strengthening the body and preparing all round for the harder work involved in weight-lifting. Also, if a man has attained, say, the age of 35, and wishes to practice with weights, if out of condition, he, too, would be safeguarded by first practicing light dumb-bell work, or even, perhaps, some of the many free movements which are so largely advocated today. But at the same time I would say that the man who knows himself to be already constitutionally sound and internally perfect, with good physical development, should not waste time in light exercise of any description, but go right on to weight-lifting, of course, practicing at first with such weights as could be lifted with ease and comfort.

Club swinging is a form of light exercise which is of no use to the would-be strong man, as it stretches and makes supple the muscles rather than develops them with increased contractile power. Some will say that light exercises are essential if you would retain and improve your speed and quickness, and that weight-lifting makes a man slow. I would say in reply that the man who wishes to be a champion weight-lifter is not likely to be also a champion runner, tennis player or boxer, any more than the boxer, tennis player or runner has any desire to be a weight-lifter. Beyond this I affirm that weight-lifting does not have the deleterious effect on the muscles that a certain well-known writer claims. No one has put in more practice with weights than I have, yet I am not considered slow. I am not a boxer, but I am a wrestler, and I believe in a wrestling match with the gentleman in question I could quickly convince him of the above fact. However this may be, I will say that weight-lifting may be practiced with benefit not only to the physique and to the health, but that it is an interesting sport which has been the subject of many attacks in the public press from so-called authorities on hygiene and health, which have been quite unwarranted, and to which I am pleased to say the sport of weight-lifting has not succumbed.

What Sports Help Weight-Lifting and How

I AM not so narrow-minded as to say that if you take up weight-lifting you should have practiced it to the exclusion of all else. There is no reason whatever why you should stop practicing your favorite sport or pastime, indeed there are several such which are a distinct aid to the weight-lifter. Take cycling—here we have a pastime which gives strength to the legs, a most important part in weight-lifting; especially in double-handed lifting is the need for good development felt. If you take such sports as boxing, tennis, fencing, golf, etc., where quickness is necessary, even these help the lifter, provided they are not overdone, as the ability to move quickly is by no means invaluable in weight-lifting. All outdoor sports should be beneficial, inasmuch as they get one into the open air and help one keep generally fit. It must be taken into consideration that a weight-lifter lifts not only by possession of large muscles, for it is possible with comparatively small muscles to raise a heavy weight by pure energy. Outdoor work helps to develop this energy, and such sports as wrestling, swimming, walking, etc., etc., keep the muscles in order, and give enduring strength which stands the lifter in good stead if he has to make a number of attempts at any given lift. At the same time, there are few sports which develop the right kind of muscle for lifting. Therefore, it does not necessarily follow that a man who has obtained good physical development from any sport will excel without training in weight-lifting, even when a position for test be chosen where sheer strength alone can avail. To prove this I may say I have tested many wrestlers of splendid

physique, and, for wrestling, possessed enormous strength, but they could not raise heavy weights. You see, wrestling calls into play rather different muscles from weight-lifting. Perhaps it will not give good triceps, therefore I should not expect a man like Madrali to be good at a double-handed press overhead from the shoulder, body erect, and back against the wall, although I should expect him to raise a heavy weight from the floor, where the back and legs come prominently into play.

Weight-lifting is better training for wrestling, to my mind, as far as the muscles are concerned, than wrestling is for weight-lifting. I may say that some of the best wrestlers in the world were weight-lifters before they were wrestlers, and have found their development and strength of great use in wrestling, and this development and strength were gained by weight-lifting. The best instance I can point to is George Hackenschmidt.

No man can expect to be an all-round champion, and if your favorite sport is weight-lifting, then only practice the different sports you are interested in as a means to an end, the end to be weight-lifting. Do not make them an end in themselves, as if you did then it would probably be advisable to adopt quite a different system of training with weights. You would have to use light weights and do quite different exercises. Heavy weight-lifting is good for wrestling; it would also be good training for throwing the weight, and, perhaps, for putting the shot, also for gymnastic work, but it would not be good for boxing, that is if you wished to be a champion boxer.

Weight in Relation to Lifting

I THINK the lifts performed by myself and my brothers, Hermann and Kurt, to say nothing of some splendid 140-pound weight-lifters in England, should prove that there is quite an erroneous idea with regard to weight in relation to lifting. The general idea is that the heavier the man the better he will lift, but with regard to this I would point out that everyone may not be a successful lifter any more than everyone may not be a successful musician or poet. I have seen men weighing 224 pounds who have practiced weight-lifting for a number of years, and whose best double-handed lift would be about 250 pounds or 260 pounds, while Hermann and Kurt at 168 pounds raise over 290 pounds. I consider myself quite heavy enough at 200 pounds to meet any man in the world for the heavy weight-lifting championship, all-round lifting. I am quite certain that the ordinary physical culturist, even the average weight-lifter, does not know the correct places where one should look for power and development which would guarantee strength in lifting. In the ordinary way measurements are a most uncertain guide as to a man's probable powers in weight-lifting. It is usual to compare the biceps, chest, thigh and calf measurements with the weight of the man, in an endeavor to find out on paper whether it is possible for him to lift such and such a weight which he claims he has lifted, and if the measurements are not satisfactory, the poor man is immediately put down as a perverter of the truth. If a man claimed to lift, we will say 280 pounds double-handed clean lift overhead, the ordinary physical culturist would look for a biceps measurement somewhat about 17 or 18 inches at the lowest. It

is quite wrong to endeavor to fix a man's ability by his measurements, also to gauge a man's strength from muscular photos. To prove this I would say that I have seen a 290-pound bar bell raised clean by my brother Kurt, when his biceps measurement was only 15¼ inches and his weight 168 pounds. I will now proceed to explain how a man should be examined for physical power in relation to weight-lifting. In the first place a man may not have a surprisingly large upper arm, but he may have an enormously powerful deltoid muscle. When Kurt only measured 15¼ inches around his biceps he had tremendous development in the deltoids, and these muscles come strongly into play in raising weights not only overhead, but also to the shoulders, and, in fact, in *all* lifts. Therefore, examine a man here rather than the upper arm. He was also extremely strong in the back and in the legs; therefore, examine the muscle known as the spinus erectæ, and also the thigh muscles. If a man should only measure 22 or 23 inches round the thigh do not condemn him as being light in the leg because you have heard that another strong man measures 27 or 28 inches. Examine the thigh just above the knee. Here some powerful muscles are situated which are not measured in measuring the thigh, and one man with a light thigh on paper may in reality have a much stronger pair of legs than another man with a much larger thigh, but who has not the strength I refer to just above the knee.

Still further a man is handicapped who has small and weak wrists, although he may have a tremendous development elsewhere. Therefore a man with 15-inch biceps and a strong wrist will raise a heavier weight in any position than another man with 16-inch biceps who has a small and weak wrist. Bone and sinew strength count for much in weight-lifting, and all the above points, you will admit, cannot be taken into consideration in con-

sidering a man's measurements on paper, nor in studying muscular photographs. I have gone thoroughly into this question because some lifters have said that I and my brothers are not large enough, or heavy enough, to perform the lifts that we claim. If we were examined along with other strong men, I do not think we should, after all, be found undersized compared with our fellow strong men, especially in bone girth, and in development of certain muscles most useful in lifting, but which many lifters have not properly developed. In photographs we may not appear to such advantage as some professional strong men who make a special business of posing before the camera. One prominent strong man, I have heard, spends nearly two hours each time he has his photo taken, in his dressing room, preparing himself for the ordeal of the camera, and I believe artificial means are adopted to exaggerate the muscular development. For instance, by use of a burnt cork, abdominal development may be accentuated to a surprising degree. Now, I do not bother with such trickery, yet I know quite well my measurements are at every point larger than the strong man I have in mind.

Then, again, must be considered the important factor of energy and speed. If you saw a photograph and read the measurements of a 224-pound strong man, you would naturally expect him to raise more than another man of only 168 pounds, but you cannot tell from a photograph or from measurements what *energy* and *speed* the big man possesses. A number of heavy men are quite slow in their movements and too lazy to do the hard work which constant practice leads to. Often they lift in a half-hearted fashion, and although they raise heavy weights, yet there is no reason why, in most positions, a 168-pound man, possessed of terrific energy and great speed and endurance, should not approach and even beat the heavy man.

Routine of Training

WITH regard to the routine of training, I again repeat, my idea is not to develop muscle at the expense of either health or strength. It is really impossible for me to prescribe special exercises with fixed time limits for same, and fixed days for each individual who may read this book, as we are all possessed of different constitutions and staminal power, but roughly speaking it will be found correct in most instances to practice twice per week, and at such practices I advise that on each lift you commence with fairly light weights, and gradually increase the weight of same. Taking the double-handed lift, if your lift is about 200 pounds commence at 100 pounds, and with this light weight *press* overhead, then add 20 pounds and press again, and so on, until you are compelled to jerk the weight. Proceed until you reach your limit, then try another lift, say the snatch, commencing low and working up to your highest poundage. Surely this method of practice is better than to attempt, as most English and American weight-lifters do, their heaviest bell right off the reel. As usual, they fail, and then get in reality no practice at all, only making their position worse, instead of better. Of course, to practice this way shot-loading bar bells would be a nuisance. The most up-to-date bells on the market for weight-lifting practice, in my opinion, are disc-loading bells. With these disc-loading bells one may have a weight as low as 20 pounds or as high as 400 pounds, and one bell would be sufficient for any number of lifters. The same plates used on the long bar may also be used on short bars for dumb-bells.

Do not make the mistake of limiting your practices to any one set of lifts, such as the four known as the Amateur Cham-

pionship lifts. Practice *everything*—single and double-handed press in dumb-bells and bar bells, single and double-handed lifts, all the way in dumb-bells and bar bells, snatching and swinging, jerking and pressing, lying down with weights, supporting weights, lifting weights while laid on the back, ring weights, human weights, and, if possible, double-handed lifts to the knee, and harness lifts, also holding the bell aloft and bringing a weight after with the disengaged hand, and raising bells aloft by what is known as the Continental style of lifting, described in this book. Also anything else that may suggest itself to your mind, such as heavy weights at arm's length, raising bells overhead stood on end on the hand, juggling with weights by throwing them from hand to hand overhead, catching in the hollow of the arms, etc. A method of practice such as the above would not only bring into play every band and strap of muscle you possess, but also give you a far better knowledge of all-round weight-lifting, than you could possibly obtain if you practiced three or four lifts only to the exclusion of all others. ALSO DO NOT FORGET TO USE YOUR LEFT HAND AS WELL AS YOUR RIGHT.

On the days when you do not practice with heavy weights you might try a few movements with a pair of dumb-bells from 10 to 30 pounds in weight, according to your strength and development. Add to this your favorite sports, such as cycling, wrestling, swimming, or what not, and the weight-lifting practices, and you should be doing quite sufficient work to not only keep you fit but to bring you to the top of the tree if it so be that you are naturally possessed of the right constitution and physique to enable you to carry out your ideas on these lines.

As explained elsewhere, in my opinion, if a man feels that he is not strong enough to go in for weight-lifting without pre-

vious training, he may first of all practice on a lighter scale. especially if he be very young, or having just undergone an illness, but when weight-lifting proper is commenced, then I contend it will be better to reserve all your strength and energy for your lifting, as to practice innumerable movements daily besides weight-lifting is to place a great strain on your vital and staminal powers, and if there be a collapse weight-lifting will be blamed instead of the more trying and wearing light exercises, which drain the system.

The advanced lifter would make his two practices per week suffice; he need not do even the heavy dumb-bell exercises I have referred to.

I do not suppose I need lay emphasis upon the advantage of training in the open air rather than indoors, nor on the beneficial and cleansing effects of a cold sponge down, followed by a good rub, immediately after exercise.

ERNEST CADINE—FRANCE
Light Heavy Weight Olympic Champion Lifter

The Bugbear of Training—How to Avoid

I TAKE it for granted that no one can enter into training for any sport including weight-lifting, and even practice for physical development only, without encountering monotony in training, which threatens to upset all schemes for daily exercise, throwing one back in one's work, especially as staleness makes its appearance. I, of course, am more directly concerned with weight-lifting exercises than with any other, but, no doubt, when I have given my views as to how one may steadily progress, and at all times make some little advance, however slight, and overcome the bugbear of training, then it will be found possible to adapt my hints to other forms of exercise.

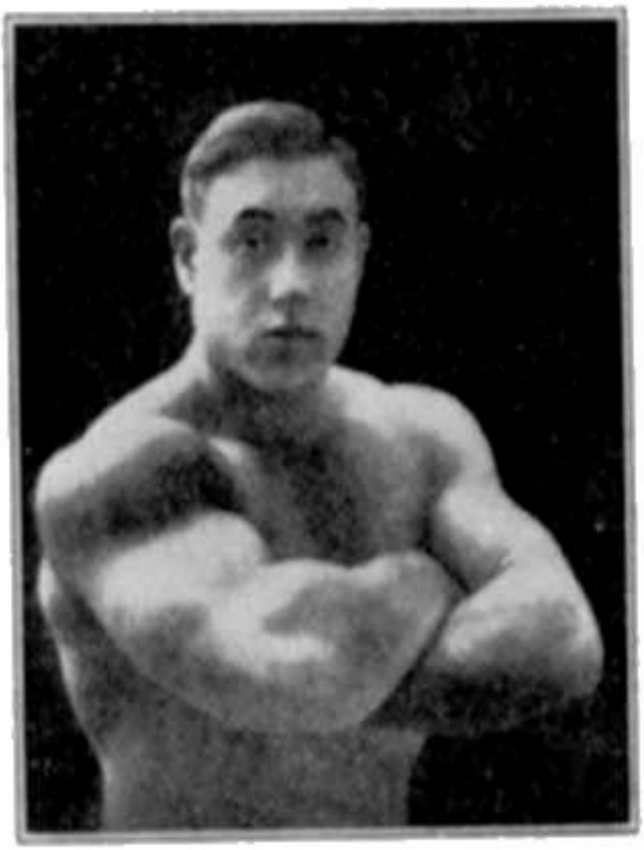
In the first place, when you feel a little stale, yet, perhaps, not stale enough to make a total rest advisable, then, when you lift, if you lift all weights, whether in practicing feats or weight-lifting exercises, at such a poundage that they can be readily raised with ease and comfort, it will be found that your work is once more a pleasure, and shortly you may return to your usual poundage. The bugbear of training loses half its fearsome aspect to the tired athlete who has a lot at stake, and must continue at his work, if it be done in company with a friend or friends. There is nothing so fatiguing as the raising of iron weights time after time with no one to watch, no one to encourage, no one to advise—to express surprise at your improvement. To surprise and beat your friends is always an encouragement, and in practicing with weights you cannot get the right positions unless you have an expert lifter to offer a hint occasionally. Lifting, too, may become dangerous if practiced by oneself, so you see the idea

is to endeavor to make your training as much a pleasure as possible. If necessary, enter into little competitions with your friends. I had almost said a small bet would be an incentive to work, but I suppose I must include betting among the list of vices we human beings are apt to give way to, but this will not preclude one from a friendly competition occasionally in which points may be conceded, and lifts performed on handicap and competition lines.

Carefully adjust your work to your condition at the moment. Ask yourself each time you lift, "Am I in good form today?" If you feel yourself in good form—specially "fit"—then that is the time to try a "limit" lift. Note what you have raised that day—the weight and the date—and at another suitable time see if you can surpass your last record lift by a few points.

Such pleasant, invigorating and helpful aids to training as massage, towel friction and sponge-down, are all direct helps in aiding one to continue constantly and persistently with the practice. Without regularity good results cannot be expected, yet immediately your mind, always questioning your condition, and ever ready to appreciate a weakness, tells you that you are stale, an immediate and entire rest is imperative. To go on when stale is to invite an entire breakdown. I have known even nervous exhaustion to attend the misdirected efforts of the athlete who persists in hard training when he feels himself going to pieces through overwork. To try to work like a machine, knowing that ever at one's side stands the bugbear of training, ready to weaken one's resources through overwork, and bring about a breakdown, is the height of folly. Nature has given one an instinct which will make heard, with warning notes, the danger signal when overfatigue threatens, and this signal should never be allowed to pass unnoticed.

While on this subject, I would point out that the man of sedentary occupation can never hope to stand the same amount of physical work as regards weight-lifting as his fellow friend, who is a manual laborer, and whose muscles are daily tuned to mechanical labor, which drains the system least of any, while brain work is a constant and steady drain on the whole system, and it will, no doubt, surprise many to learn that the brain worker is more likely to suffer from overwork than the man, who, like myself, daily performs such arduous feats which are purely muscular. When the brain worker changes to physical work, he finds the change helpful, inasmuch as a change of work is as good as a rest, and, therefore, he will not, of course, regard the lifts he practices as work, but as a pleasant pastime.



CHAS. RIGOULET
Heavy Weight Champion Lifter of France

My Ideas on Diet

COMPARED with his less fortunate brothers who box and run, the lifter has no restrictions as to diet. The man who boxes requires good wind and staying power, and he, therefore, has to carefully limit his allowance of liquid, and has to exercise great care in his selection of foodstuffs, avoiding pastry, all starchy and sugary foods which would be dangerous to his wind. The weight-lifter can eat and drink almost anything, but, of course, if a little care be exercised in selecting the articles of diet it should be possible to replace the broken down tissue with less strain on the digestive organs, inasmuch as provided you get the right foodstuffs, then you need not eat so much as if badly selected, which, of course, would be a saving as above indicated, on work for the digestive organs. Milk is a perfect food, and a splendid drink after exercising is an egg beaten up in milk, or a glass of hot milk. As a rule, the claims of patent or concentrated foods for the would-be strong man should be taken *cum grano salis*. One preparation, however, which I can conscientiously recommend is that known as "Bovril." It is a fact that most leading athletes recommend "Bovril," and nothing can be better either before or immediately after practice than a cup of hot "Bovril." It prevents and dispels fatigue. Oatmeal with milk is splendid for building up the muscular system, as well as cheese, beans and peas of all kinds, which contain the necessary elements for renewing tissue. I am not a vegetarian, and therefore advise the use of beef, mutton, etc. While on this subject I would say do not lift within one and a half hours of a meal. With regard to alcoholic liquors, I am not teetotal, yet I am sure of the dangers of drinking to excess, and would strongly urge on

everyone the importance of moderation in drinking. Spirits I have proved to be disadvantageous to the would-be athlete, and my favorite drink is lager beer. Beer and stout should be among alcoholic liquors the best drink for the weight-lifter, as they are better calculated to build up the physical powers than any spirit drink, such as whisky or brandy. If a man has been all his life teetotal, then my advice is "stay so." It must be admitted that anyone who commences to take spirituous liquors in moderation is, at any rate, running the risk of eventually succumbing, and drinking to excess. With regard to smoking, here, too, I must plead guilty, I am not a non-smoker. As is, of course, true in regard to practically everything, excess in smoking is very injurious. Moderation in all things should be the motto.

The man who works hard requires more sleep than the man who wastes his day in idleness. To deny oneself sufficient sleep can only mean in the end a breakdown, so the man who performs feats of strength must see to it that he gets plenty of rest, plenty of fresh air, plenty of good, nourishing food, that he avoids all excesses, takes a daily sponge down, is quick to appreciate any slight running off in form and to apply the remedy—rest.

General Weight Lifting

ONE of the first things to arrange is a suitable place in which to practice. It must be borne in mind that if you are so ill-advised or so awkwardly situated as to have to lift in a bedroom at the top of the house, if the weight falls it will drop on the bedroom floor, but will not stop until it reaches the cellar or kitchen. Also in lifting on a floor which is not particularly firm, or either above or below rooms occupied by people who wish to be quiet, one is bound to cause annoyance. I remember in practicing at a Club in Holborn, every time the weight dropped the pen flew from the solicitor's hand who was writing over our heads. I am afraid the strain on this gentleman's nerves could not have been beneficial. The best place for lifting is the open air—any ordinary yard or garden, or even shed will do. I suppose the next best place must be a basement, but, unfortunately, the air is generally so impure in these underground rooms that one quickly gets stale through practicing therein.

Another item of importance is clothing, which must, above all, be loose, and rubber-soled slippers should be worn. I do not advise the use of wrist straps. For the time being you obtain support, and apparently your wrist is strengthened, but the strength is only apparent and not real. Should you be compelled to lift without your wrist straps, you would miss them, and your wrist would not be equal to the strain. In another part of this work I advise disc-loading bells in preference to shot-loading. Probably the best all-round bars for your discs would be one about 6 feet in length by 1 inch or 1⅛ inches in thickness, and two short bars to turn into dumb-bells. The long bar would be right, not only for double-handed lifting, but for snatching and

clean lifts, all the way using one hand only, while if you have a 1¼-inch bar this would be right for double-handed work, but would handicap you in single-handed snatching and pulling in to the shoulder, as such a bar would be found to be too thick. In practicing, do not proceed too quickly from one lift to another. Take a rest between each lift while a friend takes a turn with the bell. A lot of strength is lost in the stooping position necessary to adjust the weight of the bell and to "centre" same. Therefore have someone to do this for you, if possible. In competition lifting, where you have to use the bent press, it is advisable to get this lift performed first. The bent press is by no means such a certain lift as the double-handed lift. Balance has a lot to do with the body lift, and if you are tired and shaky you will probably be unsuccessful, while the two-handed lift is always certain of accomplishment. Also in competition lifting do not try your heaviest weight at the first attempt. You will be allowed, perhaps, only three attempts, and if you fail three times in succession you will not have lifted anything at all, whereas if you started 10 pounds or so below your best lift you might succeed in doing an extra five or ten pounds, at the third attempt, above your previous record.

It is also advisable that, as opportunity occurs, you try other lifters' weights, so that you will get used to handling long bars and short bars, thick bars and thin bars, bars that are bent and bars that are straight, solid bells, disc bells and shot-loading bells; you may even learn something from the ordinary bar weight weighing 56 pounds. The instructions in this book must be altered to suit your physical peculiarities. Take the bent press: I have given my position, but it may not suit you. Some people can bend better than others. It suits some to lift with more speed than others, so you will see there is a great science in weight-lift-

ing which it takes years of hard study to properly master. It is not half so simple and uninteresting as some people appear to suppose. There is nothing so splendid as to feel oneself stronger than one's fellows, and this strength may be more quickly acquired by means of weight-lifting than in any other fashion of which I am aware.

Remember the fable of the tortoise and the hare, and be content to go slowly. Think each lift out before you attempt it, and at all times endeavor to improve your position and become more scientific. Do not rush madly at a difficult lift which puzzles you, and make repeated futile efforts like a mad bull rushing at a gate. One rather delicate point in weight-lifting, difficult to explain on paper, is that you imagine in your mind the weight in the position you wish it to be, before you attempt to lift it; then you are more likely to succeed than if you allow yourself to doubt success attending your efforts. Those who have studied mental culture rather than physical culture will readily explain this by saying that you give yourself a suggestion which takes root and enables you to make a better effort, putting forth more strength on account of having placed yourself under more favorable conditions. Also I wish to emphasize the necessity of at all times concentrating in a determined manner your energy at the time that you are lifting, contracting to the full the right muscles at the right moment, instead of lifting in a half-hearted mechanical fashion. Another hint is, do not hold your breath while lifting. This is extremely dangerous, giving rise to a strain on the heart. Take a deep breath before you jerk a weight aloft, and then, when you have succeeded or failed, you can breathe again.

Conservation of energy is one of the secrets of success, and this means that, to give a simple illustration, should a man, on a certain night, attempt to lift a tremendous weight, he should,

during the day, in every way treasure his strength, and avoid dissipating same. You will say, "This is very simple," and "Everyone knows this," but I have seen a man, about to attempt a record lift, jump on his bicycle and ride a matter of 12 or 13 miles up and down hill and through traffic to the gymnasium where the weight was to be lifted. Now this man must be dissipating, to a certain extent, part of his energy and tiring his leg muscles, so that he may lose just that amount of strength and energy which would have made the difference between failure and success. Further, to conserve energy, it behooves one not to continue practicing when fatigued. Desist immediately you feel your strength rapidly leaving you. Then, after rest, you will be stronger for your practice, but if you go on, the next time you lift you will be disgusted to find that instead of growing stronger you are growing weaker, and rest is then the only remedy.

GEO. HACKENSCHMIDT

What It Feels Like to Lift 350 Pounds with One Hand

I HAVE often been asked what it feels like to press 350 pounds with one hand, and perhaps to my readers the different sensations experienced will be interesting. In the first place, immediately I start to press the weight away from the shoulder I become perfectly oblivious to everything except the weight that I am lifting. The spectators are obliterated from my mind by the effort of intense concentration which is necessary to enable me to press the weight. I immediately engage myself in a terrific struggle in which the weight and I are competitors, and only one can win, either the weight must be lifted or else I fail. This concentration is, of course, one of the secrets of success in lifting, as I have explained in another part of my book. It enables me to bring forward the last ounce of pushing power, and for the time being to exert strength beyond that normally possessed.

As the weight steadily rises aloft, perhaps half way it wavers, the balance alters, and I immediately, yet very carefully and quietly, have to adjust my position to the altered balance of the bell. Then I proceed with the press, my body gradually falling lower towards the left knee, my eyes fixed all the time upon the ponderous weight balanced over my head, ready to fall at a moment's notice should I weaken or place myself in a false position, and should at this moment anyone shout out, it might startle me, make me waver, and cause the weight to fall. Therefore, if I am attempting a world's record in this position, I generally ask for complete silence until I have either failed or succeeded, and I might mention here that *to think of failure is to fail*, and I always

tell myself all the time that I am certain to succeed, even though I am attempting a weight more than I have hitherto lifted. Eventually, my arm is straight, and before coming to an upright position I engage in another tussle with the enormous bar bell, in which I have to exert all my will power to hold together the flagging powers of tired muscles, which have been strained by the tremendous pressure which 350 pounds brings on to them in the effort of pressing aloft. By supreme effort of the will I fix the bell in a good position and then stand upright. Often the bar will roll on to the fingers instead of being directly over the wrist, in which case severe pain is inflicted, and I have to persevere with the lift under doubly hard conditions, or else drop the weight and try again.

MONTE SALDO—ENGLAND
Former World's Champion 140 Lb. Lifter

ONE-HANDED LIFT TO THE SHOULDER—BELL ON END

The bell having been stood on end, stand with the left foot in front of the right, and a good space between the two. Now place the right hand in the centre of the bar, the left hand immediately below same. Place the right elbow on the hip and to the front, as shown in illustration, then bend forward with the head held down, after which suddenly lean backwards, lifting upwards with both hands, at the same time the right elbow on the body being used as a fulcrum on which to lever over the weight. To perform this lift properly the legs will have to be considerably bent at the same time you pull the bell over towards you. If this is done fairly quickly, one end will, with the aid of your hands, overbalance the other, by falling over and backwards. After adjusting your right elbow more to the back, you are then in position for the bent press.

Another method is to place the left hand at the bottom of the bar above the discs, your left arm to be straight and your right to be bent and resting across the body. Stand as close to the bar as possible, instead of away from, as in preceding position, and bend the legs to a greater extent, then raise the bar to your chest and lift with both the left arm and the right arm together, suddenly tossing the bottom set of discs away from you *and to the left*, at the same time quickly bringing the right elbow on to the body. The first method is more suitable for long bars, and the second method for short bars.

ROCKING THE BELL TO THE SHOULDER

BENT PRESS

Constant practice is the only way in which one may succeed in raising a heavy weight in this position. It will, no doubt, be useful to read below how the lift is performed, but it will be no use to expect an immediate increase in your present lift simply by reading my instructions as to this position. PRACTICE is the great thing, all the time endeavoring to find a position which will suit yourself. I will describe the bar bell lift, as in a bar bell more may be raised than in any other way. The bell may be raised with two hands to the shoulder (as described in the preceding chapter), or it may be raised to the shoulder with a clean pull in, although, of course, when one reaches a very heavy weight, it is impossible to get it to the shoulder except by using two hands. If anything like a heavy weight is to be raised, then it is imperative that *the center be accurately marked*, so that you will not have to move the weight about while it is held at your shoulder, as this is certain to exhaust your strength and spoil the lift. Having gotten the bell to the shoulder with the elbow firmly placed on the hip, the first thing to do is to get the feet in the proper position. As may be supposed, when one is pressing, say, 200 pounds, it is not easy to shift the feet about without destroying the balance, and causing the weight to fall. Therefore, get your feet placed in the correct position before you commence to press. Another point I will mention here is that the eyes must not, at any portion of the lift, be taken off the weight. Holding the bell at the shoulder, fall away from same, but do not allow the elbow to move from off the hip *until compelled to do so*, as you can support far more in this position, without tiring the muscles, than you could if you allowed the weight to fall on muscles alone, without supporting same rather by bone strength than muscle strength. In allowing the body to fall forward, the

speed of the movement must be at all times governed by the balance you feel you have attained. Of course, it is best to get the lift over as quickly as possible, but a fair speed in pressing may be obtained only when it is felt that a perfect balance has been gained, otherwise to hurry will only be to cause the weight to fall. Another hint is that the bell should not be held any longer than absolutely necessary at the shoulder before commencing to press, as your strength begins to wane immediately the bell reaches the shoulder. Having pressed the weight to a straight arm, then you must not endeavor to rise until you are certain that you again have gotten thorough control over the weight. Your position at this point should be such that your hand is held over your shoulder, which, in turn, should be over the shoulder belonging to the disengaged arm. This shoulder, in its turn, should be over the left knee, so that a straight line could be drawn from the right hand to the left foot, and if this line be broken or thrown out in any way, the weight, if a heavy one, will pass out of your control and fall to the ground. If you feel that you are holding the weight firmly, then you may bend the right leg a little to bring yourself well beneath the weight, and by pushing firmly with the left hand or forearm at the left knee, you will be able to stand erect, when the bar bell may be changed from one hand into two, and so lowered to the chest and then to the ground. In the body press, I hold my elbow well to the back and fall forwards. Some weight-lifters hold their elbow more to the front and fall sideways, and such men, of course, will have to be very supple, and a disadvantage, to my mind, in this position is that in falling sideways the right shoulder has to be pulled up close to the right side of the face, and it becomes very difficult to *lock* the shoulder in its right position at the end of the lift, so that often such a lifter will press a

weight to a straight arm, and then be compelled to drop same. I do not allow the bar bell to swing any more than possibly can be helped. Some lifters commence with the bar bell at right angles to the shoulders instead of merely parallel to same, which latter position is the one I adopt. The men who hold the bell at right angles allow the body to turn and the bar to revolve as they allow the body to sink. One thing I cannot recommend is that the disengaged hand be placed on the floor. I hardly consider this fair, but whether this be so or not, it is not a good position, as the balance is apt to be destroyed by the jerk necessary to bring the body erect. Do not bend the body any lower than you are compelled. A good practice for strengthening the muscles used in this lift, and for giving you better control over your bell, is, after

BRING RING WEIGHT OVERHEAD WHILST HOLDING ALOFT BAR BELL

pressing same aloft, to bring aloft with the disengaged hand, a ring weight or small dumb-bell. This is first raised to the shoulder and then pressed aloft, your eyes being all the time kept on the bar bell in the right hand. Still another exercise or practice is to load your bar bell up to such a weight as can be turned over to the shoulder, then let go with the left hand and twist the body into position for the press, and after holding the bar there for a second or two return to the ground. It is reasonable to suppose that if a man can press only 150 pounds with one hand, and he turns over and holds at the shoulder 224 pounds, when he returns to his 150-pound bell, he will handle it with greater ease, comfort and assurance than he ever could do before, and he will eventually in this way reach a higher limit than if he always held in awe such a weight as 224 pounds, and he will further have a better idea of what 224 pounds really means if he handles the bell, than if he has to rely on his imagination when considering what can, and what cannot, be done with a 224-pound bar bell.

ONE HAND SNATCH

Place yourself in position 1 (see illustration) and as you pull strongly with the right hand and shoulder, press as hard as you can with the left hand on the left knee. Then when the weight has reached a fair height, dip beneath same, the eyes to be all the time on the weight. The secret of this lift is to use as many muscles as possible at the same time, that is, you press with your legs, pull with your arm, and push with the disengaged one, also pull with the shoulder and jerk with the back, suddenly, when the weight is over your head, dipping beneath same, and throwing it a little to the back. There are two positions possible in snatching the weight, either of which is good, and both of which I will describe. One is to keep the body perpendicular and dip cleanly beneath the weight; the other is to suddenly fall to one side as in the bent press, when the bar is about the height of your head, and so place a straight arm beneath the weight, after which you recover to an erect position. The benefit and advantage in this latter position being given a man who is enormously strong and a good side presser, if his arm should not go quite straight in the first attempt, then he may finish up the last inch or two by the body press, that is, if no objection be made by referee or opponents in competition. A variation of this is to snatch the bell overhead with the two hands instead of one, the hands being held the same distance apart as in the double-handed bar bell lift. Those anxious to practice the single-handed lift all the way, as in the English Amateur Championship Competition, will find my instructions as to the snatch are, if reversed, directly applicable to the initial pull-in to the shoulder. All that you have to do is to place your hand on the bar with the palm to the *front*

Position 1—Snatch

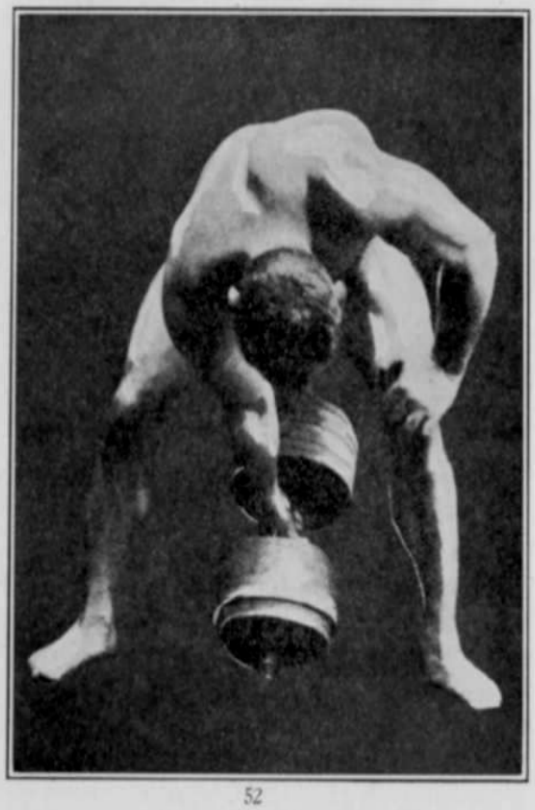
instead of to the back, then pull the bell up to the chest, stepping back with the left leg if pulling in with the right hand, and exerting as many muscles as possible.

Note:—In all these positions where the weight is lifted to the shoulder from off the ground, *the arm must* NOT *be bent at the first portion of the pull.*

POSITION 2—SNATCH

SINGLE-HANDED DUMB-BELL SWING

The muscles called into play are practically the same here as in the one-handed snatch, but the bell must be placed on and between the feet as shown in illustration. Keep the head down, then, with a perfectly straight arm, pull up, using a combination of muscular efforts and concentration as described in the snatch lift. Lean back and watch the dumb-bell with your eyes, and when it is at a suitable height suddenly dip beneath same and twist your wrist violently, so that you may place a straight arm beneath the bell.



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TWO DUMB-BELLS SIMULTANEOUS LIFT OVERHEAD

Continental Style

POSITION 1

For position place both bells parallel to each other between the feet. Now stoop down and raise same up so that the discs or globes rest on the thighs, the bells being held together as shown in illustration. By leaning backwards you will be able to pull the bells on to the body, from whence by a jerk you get them partly on the chest, and so to the shoulders, after which you stand in a

POSITION 2
READY TO JERK OVERHEAD

firm position ready to sink below the weights and to move your feet to enable you to dip beneath your dumb-bells as they go aloft. This is done by a vicious jerk, after which you sink and so get the bells overhead, the eyes to be on them as they go aloft for fear you lose the balance. If you would lift them in the clean English style, then they may be taken from between the feet or from the sides of the feet, you to lean backwards as you pull them to the shoulders and split the feet in two opposite directions, one to the back, and one to the front.

Still another way is to stand with them at the sides, and while in this position give them a swing to the front and then to the back and so up to the shoulders. Take advantage of this swing, and by a movement similar to the one last described regarding the feet you will find the bells at the shoulder. The latter position is more suitable to tall men than to short men.

STAFF SERGEANT MOSS
Former Strongest Man in British Army

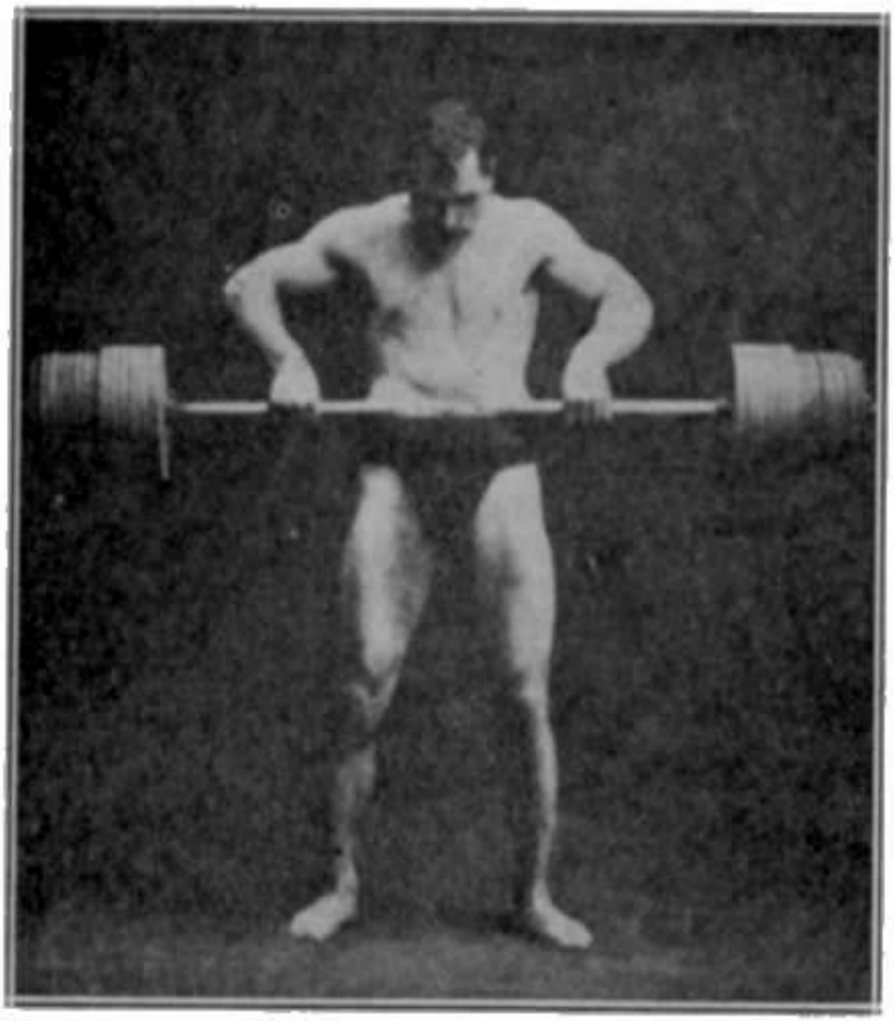
TWO HANDS JERK

Having ascertained the center of the bar, stand with the heels a few inches apart, then stoop down and quickly pull the bell to the chin, stepping forward with one foot and backward with the other, both movements to be performed at the same time, sinking the body and throwing the elbows and wrists underneath the bar as it comes up. I would point out that the stooping position is a very tiring and fatiguing one; therefore, do not lose any time in this position, but mark your bar before going down. Another hint is this, that it is possible, after raising the bar to a certain height, to give it another pull just as it is about to commence going down again as you dip beneath it, and this final pull,

which is hard to describe, should mean a good 10 pounds or 15 pounds to you once you thoroughly master it. Having gotten the bell to the shoulders, stand in position shown in illustration. Now bend the legs, but not too much, straighten same, and quickly jerk the bell aloft. At the same time place one foot forward and the other backward, sinking beneath the weight, on which you must keep your eyes or you may fall backwards, carrying the weight with you, or rather, the weight will carry you with it. The greatest fault you can make is to stand, when ready to jerk, with the back bent in any way. If you do so you will give beneath the weight when you bend the legs before jerking, and there will be no "snap" in the movement. Take a deep breath just before you jerk the weight, and concentrate your mind strongly on sending same to a straight arm. Do not try to half jerk the weight and finish with a push. This is a common but fatal error.

TWO HANDS JERK

Continental Style



POSITION 1

In the Continental style a far heavier weight may be raised than in the English. The first position is to bring the bar bell up on to the abdomen instead of attempting to bring it right to the chin in one movement. Holding it on the abdomen as shown in illustration, give a dip and a jerk, pulling with the arms as strongly as possible, and splitting the feet so that you find the

weight in one more movement at the chin. Some men prefer to get it there in several movements, first higher on the abdomen, then on the chest, then to the chin, and then overhead. You must exercise care at first and practice with a light weight, or you may have an accident and severely sprain your back. It is best at first to have a friend stand behind you in case of accident.

POSITION 2
TWO HANDS JERK CONTINENTAL STYLE TO SHOULDERS

TWO HANDS MILITARY PRESS

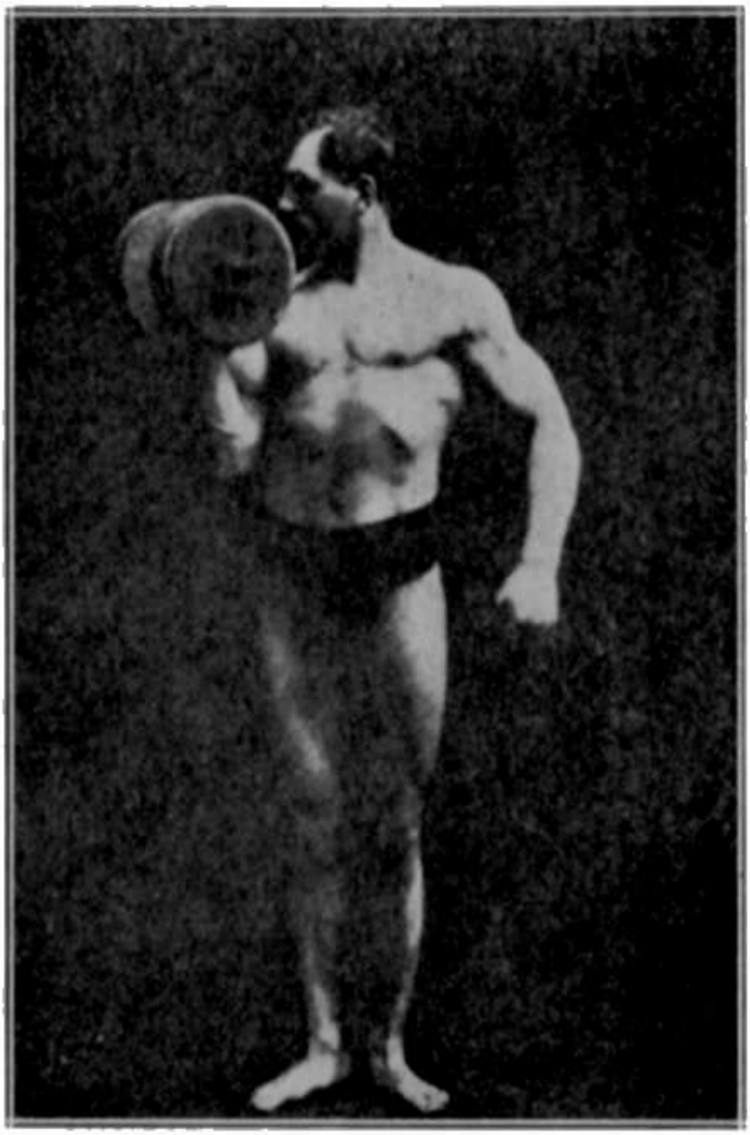
Raise the bell to the chest, stand with heels together, legs straight, and body erect. Now push steadily overhead, but do not bend backwards. Watch the bell with the eyes as it goes up, and avoid any kind of a jerk from the chest. Most lifters believe this is purely a test of triceps power, but they are wrong; the deltoid perhaps comes into more prominent play than the triceps in this position, and it is generally recognized as a sure test of strength.

POSITION 1

POSITION 2

ONE HAND MILITARY PRESS

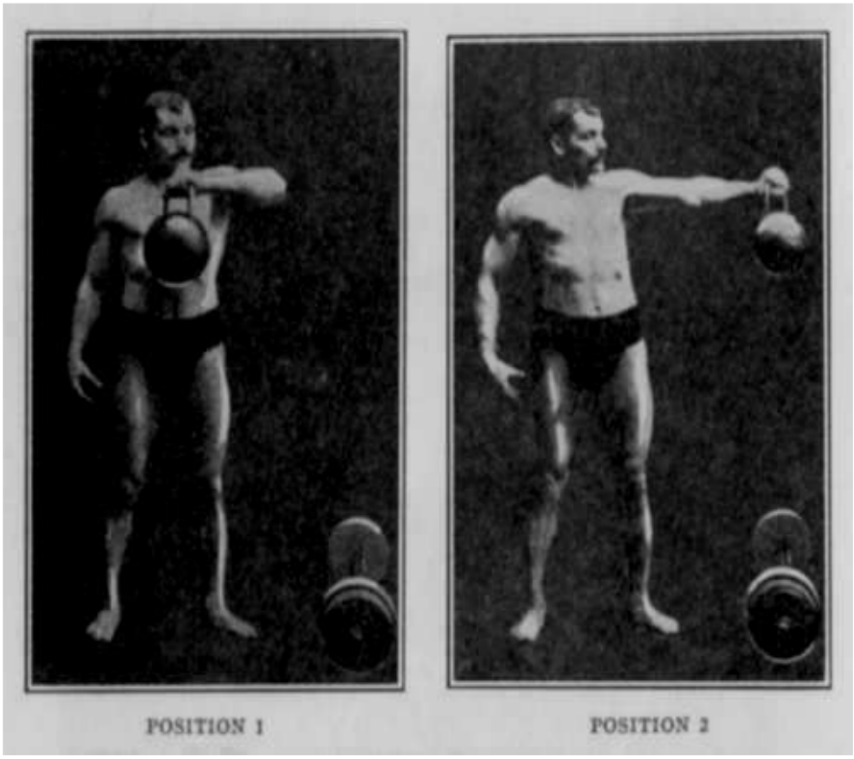
Stand in position shown in illustration, legs straight, heels together and body erect. Now press slowly overhead without leaning over to the side. Here again we have a good test of strength, in which the chief muscles called into play are the deltoid and triceps.



HOLDING AT ARM'S LENGTH

The illustration shows the Continental method of holding at arm's length, with a ring weight, described by the following text:

Position 1. Hold the weight in front of the chest, elbow

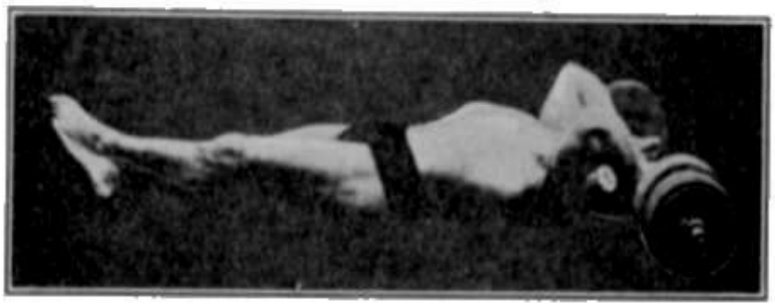


POSITION 1 POSITION 2

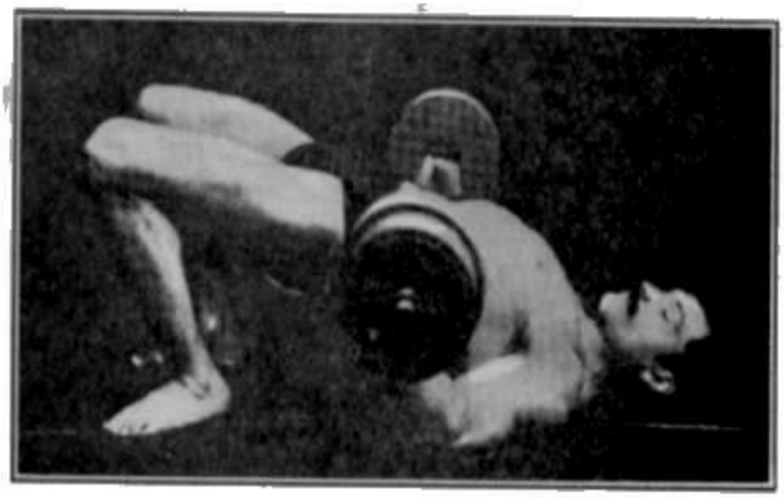
in horizontal line with your shoulder. Now hold the bell out sideways so that your left arm shall be almost in a horizontal line with your shoulders, as shown in Position 2. You may lean back a little, but not too much.

DOUBLE-HANDED LIFT ON BACK, BAR BELL

Position 1 is that shown in illustration. Elbows are to be held from off the ground and the weight is to be slowly pulled over the forehead and on to the chest. But do not make the common mistake of turning the head to one side in pulling the

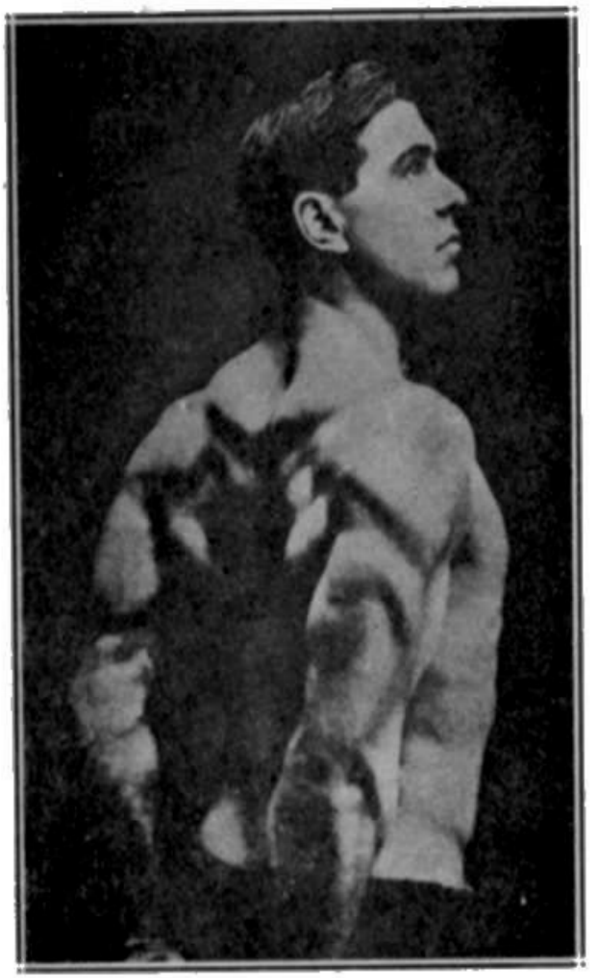


POSITION 1



POSITION 2

bell on to the chest. After you have done this, place yourself in Position 2, as illustrated, from which you must suddenly heave up the body, at the same time pulling and pushing with the arms so that you find the weight supported by straight arms overhead. A more genuine test, perhaps, is to lie perfectly flat, and slowly press the bar bell overhead.



E. ASTON—ENGLAND
World's Champion Middle Weight Lifter

RING AND BALL LIFTING

Stand with the ball between the feet, the handle of same to be held as shown in photograph, describing body press and ring weight lift. Place the left hand on the knee and swing to the back, after which swing overhead as in the dumb-bell swing, but when the weight is three parts up, suddenly step forward with the right foot and twist the right hand and wrist round so that the globe falls on the fleshy part of the right forearm. Of course, the bell, if heavy, may be lifted to the shoulder with a similar movement and then pressed aloft. In juggling with kettle balls or ring weights, the simplest manner to describe the ordinary turn-over is to say that the way which would occur to your mind is the incorrect one. It is a strange thing, but in weight-lifting, in 9 cases out of every 10, if not in 99 cases out of every 100, the position which the man in the street, quite innocent of all knowledge pertaining to weights, would take, if asked to lift a weight in any position, is always the wrong one. This shows what a science there is in weight-lifting when properly understood. If you wish to juggle with the bell, take it in the hand with the handle parallel to your body, and instead of pulling the handle over and down towards you, press it down and over *away* from you, first lifting it as high as the shoulder, and then giving it a vicious turn in the position I have referred to, and as the handle comes up again your hand will readily grasp it, or if not it will fall to the floor without doing damage. With practice it may be turned over twice or even three times before you endeavor to catch it, and it may be thrown behind you to return over your right shoulder and be caught before it reaches the floor.

BATHS AND MASSAGE

"Baths and massage, I may add, play important parts in an athlete's program, and I cannot speak too highly of the former. They draw the stiffness from the muscles, and the massage brings all the little recognized thews and sinews into use and subjection."

My Measurements and Record Lifts

THE measurements given below will no doubt be interesting on account of (1) the fact that I am recognized as the strongest man on earth, and (2) the fact that they are *accurate* measurements, whereas in most cases it is usual to add a few inches to each measurement, which is not only unscrupulous, but has a bad effect in discouraging physical culturists who give up their attempts to bring their physique up to a high standard, on account of the apparent impossibility of reaching the enormous measurements I refer to. My idea is to be absolutely truthful in all details, and avoid exaggeration in every way, as thus, and thus only, may our athletic young men and the public generally gain a sound idea as to what has been and may be accomplished.

MEASUREMENTS

Height	5 feet 10 inches	One-Hand Snatch	200 lbs.
Weight (stripped)	200 pounds	Two-Hand Military Press	252 lbs.
Chest (normal)	46½ inches	Bent Press	371 lbs.
Chest (expanded)	49 inches	Two-Hands Anyhow	448 lbs.
Biceps	17⅛ inches	Two-Jerk from Behind Neck	311 lbs.
Forearm	14¾ inches	Toss from Hand to Hand at Arms Length	315 lbs.
Thigh	24 inches	One-Arm Military Press	126 lbs.
Calf	16¼ inches	Two-Hands Clean and Jerk	342 lbs.
		One-Hand Clean and Jerk	247½ lbs.

The above measurements prove one need not be a perfect colossus to be able to perform startling feats, and further that the biggest man is not necessarily the strongest.

THE SAXON IRON MASTER

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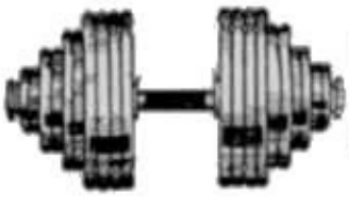
IN 100 - 200 - 300 - 400 - 500 lb. OUTFITS

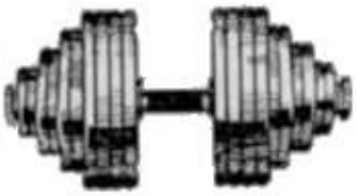
IMPROVE your records. No matter what you have done before, the "Iron Master" will astonish you and make you proud of your new achievements. The "Iron Master" has these exclusive features: The Expensive European Revolving Bar Sleeve; Patent Automatic Self-locking Collars; Patent, Grooved, Non-slip Plates with Beveled Edges; Nickel-Plated Trimmings, Japanned Plates; Two Extra Hand es for Dumb-bell Purposes, and Graduated, Progressive Bar Loading Features.

LEFT: The Self-Locking Automatic Collar Cannot Slip!

RIGHT
The Grooved Plate for the "Iron Master"



Extra handles are provided for dumbells



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